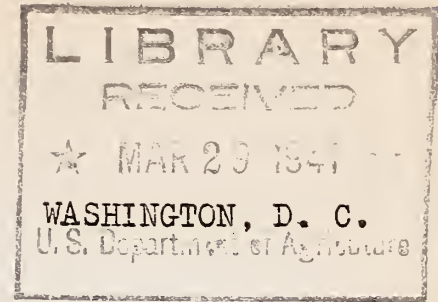


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United States Department of Agriculture

RELEASE FOR PUBLICATION :
APRIL 2, 1941 :



THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

**MAKING SLIP COVERS
FROM COTTON FABRICS**

When it comes to enlivening a room -- there's magic in trimly tailored slip covers. Slip covers can harmonize miscellaneous furnishings. They can transform living room white elephants. They can protect furniture. Or they can double for upholstery the year around.

"But whatever the reason for putting a slip cover on a piece of furniture, cotton is one of the best materials for making the cover," says Bess Viemont Morrison, textile specialist of the Bureau of Home Economics, U. S. Department of Agriculture.

"Cotton materials are durable and washable. Recent outstanding developments in cotton fabrics -- such as controlled shrinkage, color permanence, and crease resistance -- make them even more suitable for slip covers. Cotton comes in many attractive designs and colors and in a wide price range."

In line with the program of the Bureau of Home Economics to aid in the use of cotton in the home, Mrs. Morrison has brought together practical tips and detailed directions for making good-looking slip covers. These are published in a new bulletin, "Slip Covers for Furniture."

"Some of the most serviceable cotton materials for slip-covers are cretonne, crash, plain or striped denim, galatea, rep, lightweight tapestries, French ticking, drapery sateen, and damask," points out Mrs. Morrison. "You can use lighter fabrics, such as gingham, chintz, and percale -- but these usually are only 36 inches wide and may not cut to as good advantage as wider materials. They also wrinkle more easily than heavier cottons."

"First thing to look for in slip cover material," says Mrs. Morrison, "is a firm, close weave. Such a fabric will keep its shape, tailor well, be easy to work with, and keep the dust from sifting through onto the furniture underneath."

"Next, look for facts about shrinkage. You want to be sure you can wash the cover over and over. Look on the selvage for shrinkage facts. If it is marked 'residual shrinkage of not more than 1 percent,' you can be pretty sure washing won't alter the fit of the cover made from it."

Of course, there are many satisfactory materials that are not labeled with shrinkage facts. But if you are buying one of these, Mrs. Morrison suggests that you buy a sample of the material first. Buy about two-thirds of a yard, then launder the sample in exactly the same way you would launder the slip cover. Let it dry, sprinkle it lightly, then smooth it out and press it carefully -- taking care not to stretch it. Measure the square from side to side, both ways, and figure the shrinkage.

Facts about colorfastness may be printed along the selvage, too. If material is guaranteed sunfast and washfast, you can be reasonably sure it won't fade a great deal under ordinary conditions. Labels that specify a vat dye are as good as saying the color is fast. These dyes are some of the very best because they are developed right on the fiber and the color becomes a part of the fiber

[The text in this section is extremely faint and illegible, appearing to be several paragraphs of a letter or report.]

When it comes to choosing the color and the design of the material, this is pretty much an individual problem. But Mrs. Morrison gives the following general rules to keep in mind as an aid to making a good choice.

"You can use plain materials on any piece of furniture, but they are especially good on large pieces and in rooms where there already is quite a bit of pattern in the curtains, the rugs, or in the wallpaper. If you're making a slip cover for the first time, it's easier to start with plain material. Seam lines and fittings show up more clearly, but you don't have to worry about spacing designs or matching patterns.

"Get a slip cover material that repeats one or more of the colors of the other furnishings in the room. For example, you might choose a plain material that picks up one of the less prominent colors in the rug. Trimming for the cover might pick up another color. Or, if you choose a material with a design, you could get one that combines plain colors used in the room furnishings."

To save money and time, measure the piece of furniture carefully before you buy your material. Measure the length and width of each part of the chair, then allow 1 1/2 inches on each measurement for seams. It's a good plan to write down each measurement as it is taken and not to trust to memory. It's also a good idea to go one step further, draw a sketch of the material to scale and mark in the different parts to see how you can cut each part most economically from a given width of material.

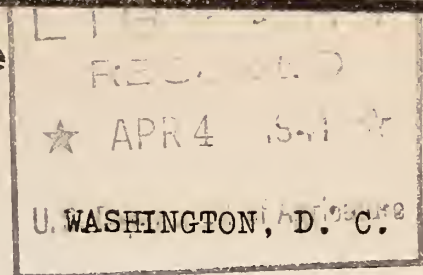
"If you're making a slip cover for the first time, start on one for one of the easier pieces of furniture to cover," suggests Mrs. Morrison. "If you can make a plain box cushion, it's not much more difficult to make a studio couch cover. Another easy-to-cover piece of furniture is an occasional chair. So are straight dining room chairs. Probably the hardest are wing chairs, barrel-back chairs, and divans."

For both the easy and the difficult slip covers, Mrs. Morrison gives detailed directions in "Slip Covers for Furniture," Farmers' Bulletin 1873 of the U. S. Department of Agriculture. Single copies are free from the Department of Agriculture, Washington, DC.

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THE MARKET BASKET

by

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BONED LAMB ROAST FOR EASY CARVING

"Boned lamb roast for dinner" is good news to the man who feels at all uncertain about his carving.

For, like any boneless roast, boned lamb can be cut up easily into attractive servings, with few scraps left over on the meat platter. And the space where the bones come out makes a perfect pocket for a tasty stuffing.

At this season of the year there is a large supply of heavy lamb coming to market that makes ideal meat for boning. This is meat from lambs that have been fattened in feed lots since they were taken off the range last fall. Smaller spring lamb, which is just putting in an appearance on this year's market, ordinarily is not boned -- except perhaps the shoulder for a roast.

"Lamb may be boned easily at home or at the meat counter," according to K.F. Warner, animal husbandman of the U. S. Department of Agriculture. "The homemaker who is familiar with boning methods can direct the retailer to bone the meat exactly as she wants it. Or, with a little patience and a sharp knife, she can do the trick herself."

Cuts of lamb that may be boned to advantage are shoulder, breast, loin, and leg.

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Shoulder is one of the most economical cuts of lamb. It may be boned in several ways, but the most attractive and easiest to stuff is the "cushion" style shoulder. Here, in brief, is Mr. Warner's method of boning shoulder cushion style.

"Lay the shoulder fat side down, rib side up. Slip the knife under the edge of the ribs and follow along under the neckbone. Gradually free these bones from the meat and peel them off--leaving as little meat as possible on the bones. Then go in after the shoulder blade. Follow the blade bone in with the knife, and lay the meat back from the L-shaped combined blade and arm bone. Loosen the meat from both sides of the arm and blade bone and take these bones out. If you do this carefully, you'll open the roast on only two of it's four sides. Stuff the roast or not as you like, then sew it up, and you have a cushion shoulder ready for the oven."

Breast is one of the most inexpensive cuts of the whole lamb. And it, like every bit of lamb meat, is tender enough to roast. The breast may be boned by slipping the knife between the meat and ribs--than taking off both the ribs and the breast bone in a single sheet. Then fold the meat from the foreleg in and roll the whole breast tightly from front to back.

Or, an easier way to prepare the lamb breast for roasting, is to crack the bones of the breast so it will be easy to carve between the ribs. Cut off the foreshank and grind the meat from it for stuffing. Make a pocket in the breast by cutting the flesh free close to the ribs. Put in the stuffing and sew up the pocket. Roasted with a forcemeat stuffing inside and served up surrounded by baked onions for flavor contrast, this makes a dish good enough for company.

Something extra special--though not for a limited budget--is boneless loin roast of lamb, sometimes called saddle of lamb.

To bone the loin lay it fat side down, roll the tenderloin muscle back, and cut out the series of little T-bones. This leaves a long strip of choice meat that may be rolled up, stuffed, and sewed securely. This roast is carved across the grain of the meat.

Leg may be boned, too, although this is not usually done unless the leg is fairly large. To cut down the size of a large leg to make one medium-sized roast, lamb cutlets are often made from the top or loin end half of the leg. Then the shank half is used for a roast. Or the whole leg may be boned and two good-sized roasts made—one loin end roast, the other a shank roast.

For the benefit of the eater, loin chops may be boned easily. Simply cut out the T-bone, then wrap the flank end of the chop around the solid meat center, and skewer the whole piece together with a toothpick. Wrap bacon around the chop for something a little different. Broiled double loin chops, boned, with a piece of broiled kidney atop each one sell at a premium in restaurants as English mutton chops.

"Roast lamb as you do any tender meat," says Lucy Alexander, meat-cooking specialist of the Bureau of Home Economics. "That is, roast it on a rack in an open pan, add no water, and keep the oven temperature moderate (350° F.) throughout the roasting. Turn the roast from time to time for even cooking. If there's not much fat on a roast, lay several strips of bacon over the top. Boned roasts will take a few minutes longer in the oven for each pound than you ordinarily allow for roasts with the bones left in.

"One of the best things about a boned roast is that you can fill it with stuffing, then when you carve the roast you have lamb and stuffing all in one slice. Well-seasoned stuffings go especially well with the distinctive lamb flavor. Try a mint or watercress stuffing in a boned roast shoulder or loin and see how much it adds to the roast. Make this stuffing as you would any bread-crumbs stuffing with celery and onion for other flavoring. To make a forcemeat stuffing for the breast of lamb use ground lean meat from the foreshank, dry bread crumbs, fat, and plenty of seasoning.

"Broil or panbroil boned loin chops. For pan-boiling, have the frying pan sizzling hot to start. And pour off excess fat from time to time."

The first part of the paper is devoted to a general discussion of the problem of the origin of life. It is shown that the problem is one of the most important and most difficult in the history of science. The second part of the paper is devoted to a discussion of the various theories of the origin of life. It is shown that the most plausible theory is that of spontaneous generation. The third part of the paper is devoted to a discussion of the evidence in favor of spontaneous generation. It is shown that the evidence is very strong and that it is not possible to explain the origin of life in any other way. The fourth part of the paper is devoted to a discussion of the implications of the theory of spontaneous generation. It is shown that the theory has important implications for our understanding of the history of life on earth. The fifth part of the paper is devoted to a discussion of the future of the study of the origin of life. It is shown that there is still much to be learned about this important problem.

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THE MARKET BASKET by

Bureau of Home Economics, U. S. Department of Agriculture

ARE WE WELL-FED?

Are we, the people of the United States, well-fed?

That's a question that thinking men and women are asking these days. For no nation achieves total strength unless its citizens are well-fed. Strong people make strong nations. And strong and alert people are built by abundant and well-balanced diets.

Are we well-fed? Here's the answer from Dr. Hazel K. Stiebeling, food economist of the Bureau of Home Economics, U. S. Department of Agriculture. Doctor Stiebeling finds the answer in an analysis of a nation-wide study of diets of families in the United States.

Judged by standards for good nutrition, here's the national diet picture.

MANY FAMILIES ARE ILL FED

QUALITY OF
DIET

THESE FAMILIES HAD DIETS OF EACH QUALITY

GOOD



FAIR



POOR



EACH SYMBOL REPRESENTS 2 PERCENT OF THE FAMILIES IN THE UNITED STATES

BUREAU OF HOME ECONOMICS

"Looking at the facts from this study," says Doctor Stiebeling, "we see that about one-fourth of the families in the United States are apparently living on diets that can be rated good. That is, their diets furnish the kind and quantity of food needed to maintain the body, plus a margin of safety that enables them to stand up under the stresses and strains of living.

"More than a third of our families are getting fair diets. That is, these families are getting just enough to keep them going, plus a slight margin of safety or no margin at all.

"The rest are getting diets that should definitely be rated poor. In one or more ways their diets are not furnishing even the minimum of all the food the body needs for good health."

What does this mean--this having millions of people living on diets below the safety line for good nutrition?

"It means," says Doctor Stiebeling, "that some of these people are hungry. It means that some of them have well-defined deficiency diseases such as beriberi, scurvy, anemia, and pellagra.

"But more than that it means that others having none of these clear-cut symptoms are getting inadequate diets, suffering from them, and may not even know what's wrong. Inadequate diets may not put us to bed, but they can destroy our sense of well-being--our joy in being alive and well and able to do our work. They take their toll in chronic fatigue, in shifting aches and pains, and in certain kinds of digestive disturbances. They prevent a child's normal growth and development. And they lower natural resistance to infection."

Where are they -- all these people who are not well-fed?

They're in every State in the Union and in every community in every State, says Doctor Stiebeling. As a rule, more of the ill fed may be found in the lower income classes than in the higher -- more in the larger families than in the smaller -- and more in cities than on farms.

What are the reasons so many of us are ill-fed?

Sometimes it's not having enough to eat. Sometimes, it's not having the right kinds of foods. Good management of a limited food budget and home-grown "protective" foods can often make the difference between fair or poor diets and diets that are good.

What are these important protective foods that every diet must have?

They are the foods that are rich in the very food values that diets so often lack. They are the foods that protect against acute dietary diseases, that help to lift bodies from a low to a higher level of good health.

First foods to be called protective were milk, and the green, leafy vegetables. They enrich diets in calcium, vitamin A, riboflavin, and high-quality protein. Recent additions are the foods rich in the vitamins of the B group, especially the less highly refined flours and cereals. Still others are fruits and vegetables rich in vitamin C -- oranges, grapefruit, tomatoes, raw cabbage, and others. And in some parts of the country lean cuts of meat, rich in the pellagra-preventive nicotinic acid, riboflavin, and high-quality protein, are considered protective foods.

Recent studies show that the Nation needs to consume at least 10 to 20 percent more milk -- 10 to 25 percent more butter -- and 25 percent to 70 percent more tomatoes and citrus fruits, and about twice as much of the leafy, green, and yellow vegetables.

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APRIL 23, 1941.....: .

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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MARKS OF QUALITY

IN A COTTON DRESS

- - -

It's along about now that foresighted women are getting summer wardrobes in shape. Sewing machines are humming--there's a waiting line at pattern counters -- and readymade cottons are being featured in dress departments.

This summer probably will see more cotton dresses being worn than ever before. For cotton, always a popular summer fabric, has been even more in demand in the past few years. Cotton materials are coming out in a greater variety of colors and patterns. And special finishes are applied nowadays to change and improve the natural quality of many cottons.

As for the supply of cotton available--there's plenty of it for any and all uses. Right now, there's a full year's supply in the storehouses. There's so much cotton, in fact, that the surplus has been a serious problem to cotton farmers for several years. To help relieve this situation, the United States Department of Agriculture has started programs to bring about a better adjustment in cotton production, and at the same time, to put more cotton into the hands of low-income families and to find new uses for cotton in industry.

Through the Cotton Stamp Plan started last year and the cotton mattress program, low-income families in both cities and on farms have been able to consume more and more cotton. A supplementary program, now underway, is putting stamps into the hands of the cotton farmers themselves in return for additional cotton acreage adjustment.



But whether a woman is buying cotton with stamps or with cash she wants to get the very best she can afford. Clarice Scott, clothing specialist of the Bureau of Home Economics, U. S. Department of Agriculture, tells here some of the marks of quality to look for in a piece of cotton goods or a ready made cotton dress.

"The main thing to remember," says Miss Scott, "is that your cotton dress is going to be washed time and time again. You want it to make that trip through the tub and off the ironing board each time none the worse for the wear. You want it to be easy to take care of, be comfortable, and becoming.

"So first of all, look for facts about shrinkage. Many a fashionable, well-fitting dress has changed to a wardrobe problem child simply because it shrank after the first washing. A 'residual shrinkage of not more than 1 or 2 percent' gives you assurance that the dress will not shrink enough to alter its fit. Shrinkage facts will be marked on the bolt end of a piece of yard goods. If you buy yard goods not marked definitely as to how much it will shrink, wash it first before making it up.

"Readymade dresses are coming more and more to have definite shrinkage facts on printed tags. If they haven't, you can be pretty sure they will shrink somewhat. Buying a size larger to take care of expected shrinkage or buying dresses with seams that can be let out in case the dress shrinks is not good policy. For even after alterations, the fit will not be the same--not to mention how time-consuming and expensive are the alterations."

Colors that run the gamut of the rainbow are dyed into cottons of all kinds. Make sure this color is tubfast and sunfast.

"Look for this information," says Miss Scott, "on the end of the bolt from which you buy yard goods. On readymades, look for printed tags with definite information. Verbal statements are no protection.

"Look on tags, too, to find facts about crease-resistance. These crease-

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resistant finishes lessen wrinkling, help the garments keep their shape and stay clean longer. If you are paying extra for such a finish, make sure the material has been subjected to a special process that makes it permanently crease-resistant."

Tags and labels help you check the "hidden qualities" of cotton--but learn to judge other qualities of the cotton yourself by looks and feel.

"Any cotton wears better if made from smooth yarns that will not fuzz," says Miss Scott. "It should be firm both ways of the material, so a dress made from it won't stretch out of shape. Hold material up to the light to see the actual weave. And rub it to see if there is sizing or other surface finish that may wash out."

The way a dress is made can also make a big difference in its success. Here are some of the marks of a well-made dress according to Miss Scott.

"There are no more seams in the dress than necessary for its proper fit and style. Seams are firm, but never bulky. They are finished according to the type of the material. Heavier firmer cottons needn't be reinforced so carefully as thin voiles or organdies. As a rule there are about 15 stitches to an inch in the seams. Stitching looks the same on both sides, and the thread is well-matched.

"Hems are generous. They are easier to press if the first fold is stitched by machine, then the hem blind-stitched to the dress. All facings fit and are sewed flat. Plackets are ample in length. Dress cuffs are sewed on separately after the sleeve seam is finished.

"Style of the dress is adapted to the material. Heavier cottons are usually best made up in simple, tailored styles with a few if any frills. Decoration is kept to a minimum. Soft voiles and organdies may have more fussy details, such as gathers and shirring.

"Trim is as washable as the dress itself--and as easy to iron. Nothing is put on that has to be taken off for washing. Buttonholes, if they are the worked variety, are firm, worked of colorfast thread, with close even stitches deep enough to keep them from pulling out of the fabric. Bound buttonholes require painstaking trouble to make and cannot be afforded on the lower grade dresses. They are not likely to be durable except in high-quality merchandise.

"And finally, look for the little touches--inconspicuous reinforcements where strain comes, at pocket corners and where buttons are sewed on. Such touches mean better service. If you buy a dress without them, it is a good plan to go over it before you wear it and put in these reinforcements where they are needed."

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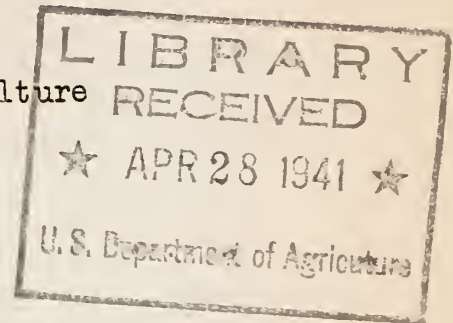
WASHINGTON, D. C.

THE MARKET BASKET

by

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H75M Bureau of Home Economics, U. S. Department of Agriculture

CHECK YOUR CHILD'S DIET
ON CHILD HEALTH DAY



Good health is better than Aladdin's lamp when it comes to make children's dreams for the future come true. For good health often is the key to good jobs -- to success at those jobs -- and to a thorough enjoyment of living.

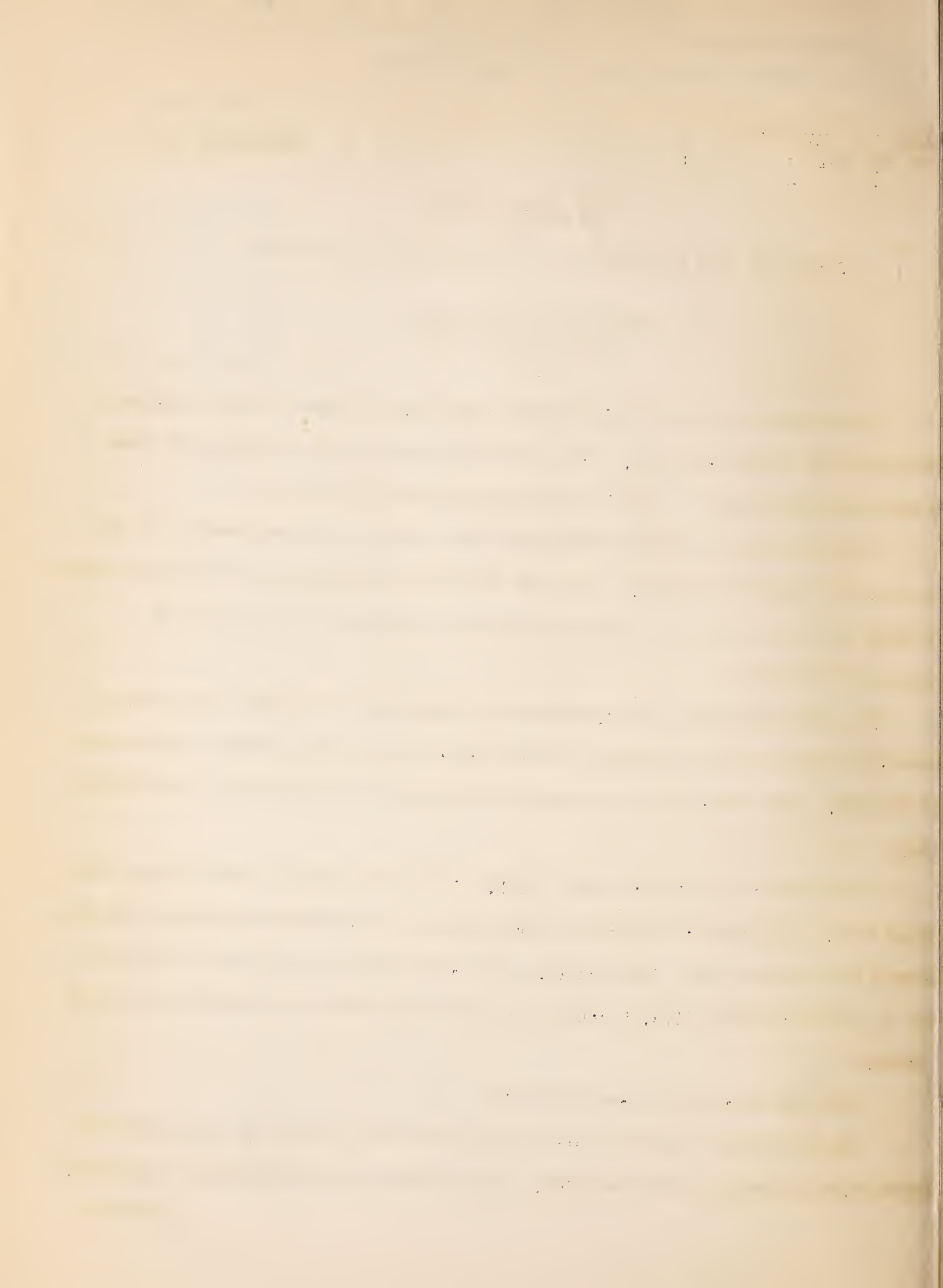
May 1 is Child Health Day throughout the nation -- by proclamation of the President of the United States. It's the official day for parents the country over to check up on the kind of a foundation they are building for the health of tomorrow's citizens.

In his proclamation, the President has asked especially that the people of every community review the extent to which they are providing certain health needs of children. And foremost on the list of health needs for children is nutritious food.

Good food is a basis for good health. It builds tissue, strong bones, and sound teeth. It helps to repair the body, keeps it in good running order, and gives energy for work and play. Furthermore, good food habits established in childhood are an asset throughout life, because they make selection of the right diet second nature.

But what is good food for children?

Rowena Schmidt Carpenter, nutrition specialist, of the U. S. Department of Agriculture's Bureau of Home Economics, tells briefly in the following suggestions:



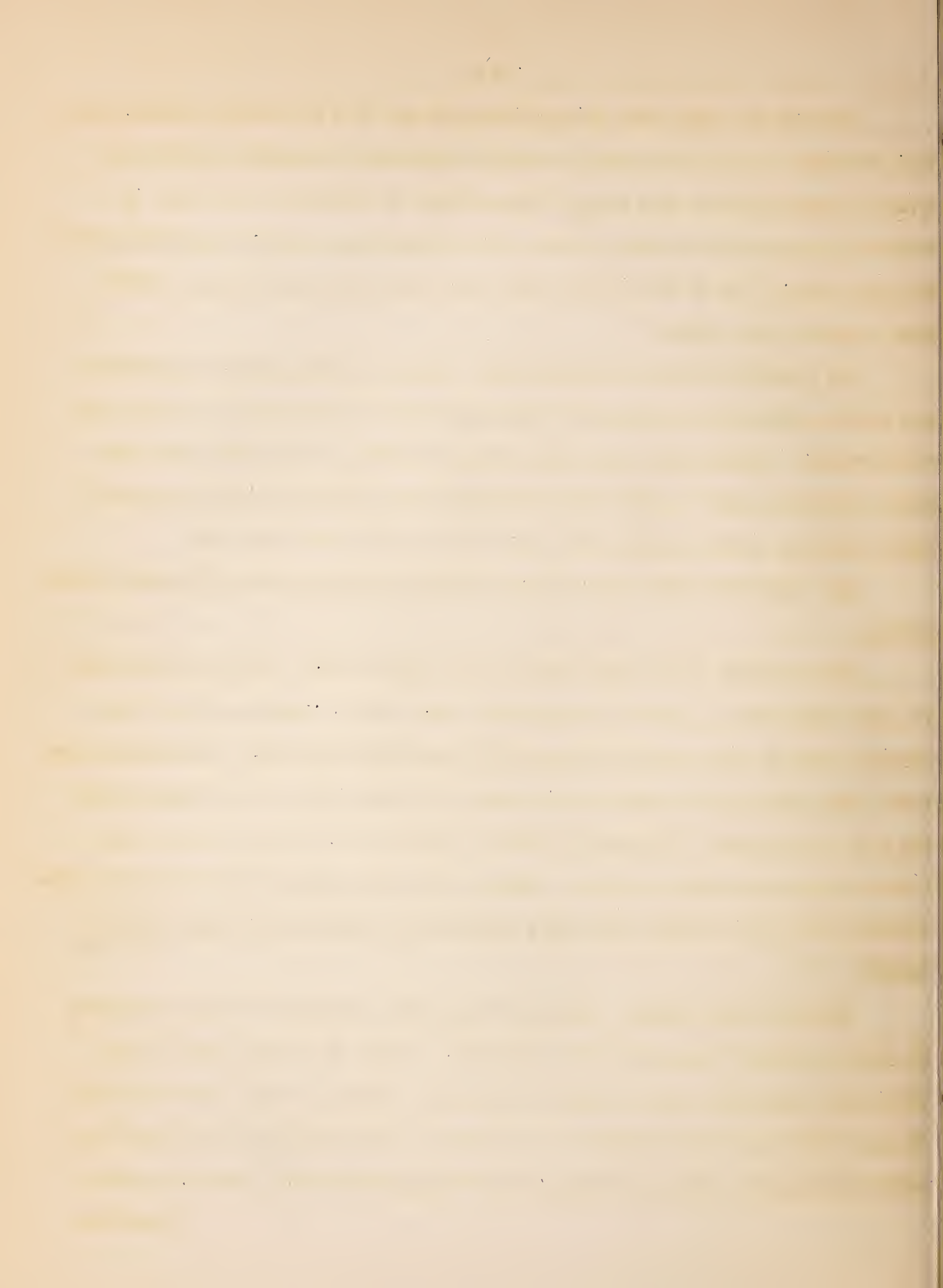
"Getting the right food for children need not be a complicated matter," says Mrs. Carpenter, "not if you keep in mind the important food groups and plan to include representatives from each of these groups in the meals every day. It needn't be an expensive matter, either. For fortunately, many very nourishing foods are also cheap. And in each of the good groups there are some that are better food bargains than others."

The important foods for children are: Milk and milk products--vegetables and fruits--whole-grain cereals and bread--eggs--lean meat, fish, or poultry--and cod-liver oil. Children may have other foods, of course. But mothers who plan their children's meals so that they eat enough and a variety of foods in each of these important groups can be pretty sure their children are well fed.

Mrs. Carpenter gives some tips on selecting economical foods in each of these groups:

MILK -- EVERY CHILD NEEDS FROM $3/4$ TO 1 QUART A DAY. But this needn't all be fresh whole milk. Some of it, especially that used in cooking, can be the cheaper forms of milk, such as dry skim milk and evaporated milk. Remember, if you serve skim milk that you need to serve plenty of foods rich in the vitamin A that the milk fat contains. This may be butter, cod-liver oil, greens, or any other Vitamin-A rich vegetable or fruit. Cottage cheese and mild American cheese are other suitable foods for children from which they can get part of their daily quota of "milk".

VEGETABLES AND FRUITS -- TRY TO GET AT LEAST 4 SERVINGS A DAY. One should be rich in vitamin C and one rich in vitamin A. There is a wide choice of the fruits and vegetables that are rich in these two vitamins, so it's easy to choose the ones that are most economical in your part of the country at this particular season of the year. Rich in vitamin C are oranges, grapefruit, tomatoes, greens,



cabbage, turnips, and rutabagas. Rich in vitamin A and iron are green leafy vegetables, such as beet tops and turnip tops, kale, spinach, collards, and wild greens. Yellow vegetables rich in vitamin A are carrots, rutabagas, yellow turnips, yellow squash, sweetpotatoes, apricots, and yellow peaches.

As for the other servings of vegetables, one or more might be potatoes or sweetpotatoes because of the good returns in food value these vegetables give for their cost. Prunes, dried fruits, bananas, dried beans, dried peas, peanuts, also have a lot to offer for their cost. Apples and root vegetables are cheap most of the year. And pears, grapes, and other fruit in season add variety.

EGGS -- IF POSSIBLE, A CHILD SHOULD EAT ONE EVERY DAY. If not, try to see that he gets at least 4 or 5 a week. Regardless of grade or color, eggs are a bargain package of food value.

LEAN MEAT, POULTRY OR FISH -- All lean meats have about the same food value whether the cut is tough or tender and no matter how cooked. Liver and kidneys are especially rich in iron and some vitamins, and pork is rich in thiamin or vitamin B₁. Low-cost forms of poultry, lean meat, and fish are: Home-raised meat and poultry--heart, kidneys and liver of beef, lamb, or pork--less tender cuts of lean meat with little bone or gristle--canned pink salmon, canned mackerel, canned California sardines--salt cod and other salt fish.

CEREALS AND BREAD -- ALL CHILDREN NEED AT LEAST ONE SERVING OF CEREAL A DAY. If you can afford just four servings a day of fruits and vegetables, try to get at least half of your servings of bread and cereal as whole-grain products or as enriched bread. And if money is limited or appetites large you'll want much more. Serve bread every meal for children in their teens.

COD-LIVER OIL--INFANTS AND YOUNG CHILDREN NEED SOME KIND OF FISH-LIVER OIL OR DIRECT SUNSHINE THE YEAR-ROUND. They need the vitamin D they get from the sunshine and the cod-liver oil to help build strong bones and teeth, and ordinarily they don't get enough even from a well-balanced diet. Two teaspoons of cod-liver oil (that provides 85 U.S.P. units of vitamin D per gram) is the usual amount to give to children between 1 and 2 years old. How much children need after that depends on how much sunshine they get--and it is naturally less in the summer season than when it is cold or cloudy. But nutritionists and doctors agree that children should continue to take some cod-liver oil throughout the years of rapid growth.

